



## Sports

Georgia 4-H Project Achievement empowers young people with skills for a lifetime. Through a competitive process, students explore their interests, unleash their creativity, share their work, and celebrate their achievements! This guide provides 9th—12th graders with examples for getting started with their project exploration.

### Description of Project:

4-H'ers may explore leisure activities that are both physical and competitive, whether casual or organized, and that aim to use, maintain, and improve physical abilities and skills. Through this project 4-H'ers may:

- gain knowledge of and an appreciation for various leisure time activities, particularly those in the area of sports
- develop skills in a specific sport
- consider the historical, cultural, social, and economic value of a sport
- develop an understanding of specific practices to protect against personal injury in playing a sport
- acquire knowledge in the history, rules, variations, and implications of a sport
- explore career opportunities related to athletics and sports

### Overview:

- ⇒ Choose project
- ⇒ Develop skills in:
  - Project
  - Leadership
  - Service
- ⇒ Prepare portfolio for work completed from January 1—December 31
- ⇒ Prepare presentation
- ⇒ Practice
- ⇒ Compete
- ⇒ Reflect

### Examples of Project Development Experiences:

- Participate in physical and competitive activities as often as possible
- Tour places such as sporting goods stores, sports venues, recreation departments, sports halls of fame, sports training facilities, etc.
- Take lessons from a trainer/professional, attend a workshop, or go to a sports camp
- Interview sports medicine professionals, coaches, sporting goods store owners, athletic trainers, parks and recreation personnel, sports journalists, etc.
- Acquire and read books, magazines, and pamphlets that relate to sports
- Enroll in a class offered by recreation or park departments or athletic associations
- Research applicable rules, regulations, history, and origin of a sport
- Shadow a coach, join a school or travel team, and/or learn to officiate a sport

## Project Sharing and Helping Examples:

- Volunteer at a recreation department or park to assist with sports activities
- Set up a class or clinic for younger 4-H'ers and teach the rules, regulations, and basic skills of a chosen sport
- Assist youth in deciding which sport is best for them
- Organize a Sports Club to hold practices, participate in scrimmages, and/or watch sports movies
- Volunteer to officiate a sport for a local league
- Schedule a group trip to watch a professional game, tour a sports hall of fame, etc. Discuss plans with local Extension staff
- Host a special sports day at the mall or shopping center including various vendors, displays, and exhibits
- Sponsor a special event such as a sports tournament
- Coach athletes who will be competing in Special Olympics
- Organize a trainer to come work with a group of players
- Demonstrate your work through presentations and exhibits at the 4-H office, school, recreation department, etc.
- Write news articles, blogs, or social media about your sport
- Mentor a younger 4-H'er in the Sports project

## Recommended Resources:

- [Georgia4h.org/ProjectAchievement](http://Georgia4h.org/ProjectAchievement)
- [specialolympics.org](http://specialolympics.org)
- [olympic.org/sports](http://olympic.org/sports)
- [georgiadogs.com](http://georgiadogs.com)
- [espn.go.com](http://espn.go.com)
- [americanyouthfootball.com](http://americanyouthfootball.com)
- [usyouthsoccer.org](http://usyouthsoccer.org)
- [ussageorgiayouth.com](http://ussageorgiayouth.com)
- [baseballyouth.com](http://baseballyouth.com)
- [usta.com/Youth-Tennis](http://usta.com/Youth-Tennis)

## Special Considerations:

- Carry a water bottle and drink water often to stay hydrated.
- Closed-toe shoes can help protect your feet outdoors.
- Live animals and weapons are not permitted in this project.
- Remember to reference official guides, rules, and regulations when creating presentations and exhibits.
- Youth should practice internet safety. A best practice is to include a friend or parent in all communications and interactions.
- Use best safety practices when handling tools and equipment.
- [Georgia4h.org/projectachievement/leisure.html](http://Georgia4h.org/projectachievement/leisure.html) includes information for deciding whether Sports is the best project for your interests.

## At Competition:

*Sports 4-H projects may use posters, artifacts, biofacts, and/or technology to support their presentation. The time limit for these presentations is 12 minutes. Computers, projectors, screens, and other technological devices may be used.*

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Sources:

The University of Georgia CAES. 2016. Project Achievement. <http://www.georgia4h.org/projectachievement>

